



**NO
MEAT
NOVEMBER**

Student Recipe Book



Introduction

Whether it is for your health, for the planet, for the animals, or even if you just like a challenge, then say no to meat this November! To make this easier, VegSoc (a Think: Green scheme)

have created this recipe guide to help feed you on a student budget. It may seem daunting at first, but you will soon get the hang of it! By taking part in NoMeatNovember you will directly reduce the demand for animal products, hence reducing the number of animals that need to suffer for peoples taste buds. You will also positively impact the environment, as according to the Food and Agriculture Organisation of the UN, animal agriculture and its associated feed crops takes up 1/3 of Earth's ice free land, releases 18% of the world's greenhouse gas emissions, is the largest contributor to greenhouse gas emissions, and that up to 100 tons of fish are pulled from our oceans each year. They have also shown that 50% of all grain is fed to animals, this grain often from poorer nations to produce meat for the west. There are also health benefits to ditching meat, such as reducing inflammation and blood cholesterol, reducing the risk of certain cancer and heart disease, and adding extra years to your life. If all this sounds good to you, then take up the challenge! If you need any help or motivation, then message the VegSoc Facebook page or watch one of either Earthlings, Cowspiracy, or Forks over Knives on YouTube. Good luck!

-Seb Owen

FAQ's

"What is NoMeatNovember?"

NoMeatNovember is a pledge that, for the month of November, you will not eat meat in any form. The aim is to raise awareness of the cruelty of the meat industry and to expose you to the benefits of a vegetarian diet. Though this may initially seem like a daunting challenge, we hope you enjoy a month of discovering new meals and trying new foods you might never have tried before!

"I've heard the vegetarian lifestyle is too expensive, how can I afford a month of being vegetarian?"

Despite what many believe, a vegetarian lifestyle is not expensive at all. In fact, a vegetarian lifestyle often works out cheaper in the long run! For example, the current cost of 500g of chicken is nearly £4 in Morrisons, whereas 500g of Quorn is just under £3. Despite this, we are aware that replacing the meat products in your fridges, freezers, and cupboards can be expensive, and so we have included cheap recipes to help you get started!

" But what about protein ?"

Believe it or not, there are actually many difference sources of protein beside meat products! Beans, lentils, nuts, and many more vegetarian foods actually have a lot of protein in and have the added benefits of having more nutrients too!

"What if I don't have time to make everything from scratch?"

Any meal you make with meat you can just as easily make without meat! We are lucky enough to have supermarket shelves filled with vegetarian and vegan alternatives to almost every product you can think of. Quorn, Linda McCartney, and Frys and just a few options out there!



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MUSHROOM BOLOGNESE -

SERVES 4

INGREDIENTS:

- 1 ONION
- 2 CARROTS
- 2 STICKS OF CELERY
- 1 TSP GARLIC PUREE (OR TWO CLOVES OF GARLIC)
- 1 TSP DRIED MIXED HERBS
- 1 TO 2 TINS OF MUSHROOMS IN WATER (RESERVE WATER)
- 2 TBSP TOMATO PUREE
- 125 ML OF RESERVED MUSHROOM WATER
- 125 ML OF RED WINE OR GRAPE JUICE
- 1 TBSP VINEGAR
- 2 TBSP SOY SAUCE
- 1 CAN CHOPPED TOMATO
- SPAGHETTI

METHOD:

1. FINELY CHOP THE ONION, CARROTS, AND CELERY, AND ADD FRY THEM UNTIL SOFTENED.
2. CUT THE MUSHROOMS INTO TINY PIECES AND ADD THEM INTO THE FRYING PAN.
3. AFTER A FEW MINUTES, ADD THE GARLIC, TOMATO PUREE, AND DRIED HERBS TO THE MIXTURE AND FRY FOR A FURTHER FIVE MINUTES.
4. ADD IN THE CHOPPED TOMATOES, RESERVED MUSHROOM WATER, THE WINE OR JUICE, AND THE SOY SAUCE AND LET SIMMER FOR 1 HOUR UNTIL THE LIQUID REDUCES
5. ABOUT FIFTEEN MINUTES BEFORE THE END OF THE COOKING TIME, ADD SOME SPAGHETTI TO BOILING, SALTED WATER AND COOK BY PACKAGE INSTRUCTIONS.
6. DRAIN THE PASTA AND ADD AS MUCH SAUCE AS YOU DESIRE. THE SAUCE CAN BE EASILY FROZEN AND REHEATED IF YOU FIND YOU HAVE TOO MUCH.

MIXED BEAN CHILLI

- SERVES FOUR

INGREDIENTS:

- 2 CANS OF MIXED BEANS
- 1 CAN OF CHOPPED TOMATO
- 4 TBSP TOMATO PUREE
- 1 ONION
- 1 PEPPER
- $\frac{1}{2}$ TSP CUMIN
- $\frac{1}{2}$ TSP PAPRIKA
- $1\frac{1}{2}$ TSP CHILLI POWDER
- RICE

METHOD:

1. FINELY CHOP THE ONION AND PEPPER AND FRY UNTIL SOFTENED.
2. ADD IN SPICES AND FRY FOR A FURTHER MINUTE
3. ADD IN THE TIN OF TOMATO AND MIXED BEANS AND ALLOW TO SIMMER FOR FORTY MINUTES TO AN HOUR UNTIL THE LIQUID HAS REDUCED
4. ABOUT FIFTEEN MINUTES BEFORE THE END OF THE COOKING TIME PREPARE YOUR RICE

BURRITOS - SERVES 4

INGREDIENTS:

1 TIN OF BEANS OF YOUR CHOICE

1 ONION

1 CLOVE OF GARLIC

1/2 TBSP CUMIN

1/2 TBSP DRIED HERBS

1/4 TBSP PAPRIKA

1/2 TBSP CHILLI POWDER

350ML VEGETABLE STOCK

SALT AND PEPPER TO TASTE

RICE:

50G RICE

1 CAN OF CHOPPED TOMATO

50-100 ML WATER

TORTILLAS

CHEESE

ANY VEGETABLES OF CHOICE

METHOD:

BEANS: ADD ALL INGREDIENTS INTO A POT, BRING TO A SIMMER AND COOK FOR 45 MINUTES TO AN HOUR

RICE: ABOUT FIFTEEN MINUTES BEFORE THE END OF THE COOKING TIME, ADD THE RICE, CHOPPED TOMATO, AND SOME OF THE WATER TO A PAN, BRING TO A SIMMER AND COOK FOR TEN MINUTES OR UNTIL THE RICE IS FLUFFY. ADD MORE WATER IF THE PAN GETS DRY.

WHEN THE RICE AND BEANS ARE DONE, WARM THE TORTILLAS IN A PAN AND ADD EQUAL SERVINGS OF BEANS AND RICE, TOP WITH CHEESE AND ANY OTHER TOPPINGS OF CHOICE.

SHEPPERD'S PIE - SERVES 3

INGREDIENTS:

1 ONION
1 CARROT
1 STICK OF CELERY
2 TINS OF CHOPPED MUSHROOMS
1 TIN OF CHOPPED TOMATOES
1 TBSP TOMATO PUREE
2 CLOVES OF GARLIC
1 TIN OF BEANS OF YOUR CHOICE
2 TSP HP SAUCE
1 VEGETABLE STOCK CUBE
1 TSP DRIED MIXED HERBS
1 TSP SUGAR
SALT AND PEPPER TO TASTE
2 LARGE POTATOES (OR SWEET POTATOES IF YOU FANCY A CHANGE)
1 TSP BUTTER
GRATED CHEESE (OPTIONAL)

METHOD:

- 1) PREHEAT THE OVEN TO 180 DEGREES
- 2) DICE THE POTATOES AND BOIL THEM FOR 10 MINUTES
- 3) IN A SAUCEPAN, FRY THE ONIONS, CARROT, CELERY, MUSHROOMS, AND GARLIC UNTIL THEY HAVE BROWNED A SOFTENED.
- 4) ADD THE TOMATO PUREE, SUGAR, HERBS, BEANS, AND HP SAUCE AND FRY FOR A FURTHER MINUTE.
- 5) TO THIS MIXTURE ADD THE VEGETABLE STOCK CUBE AND THE CHOPPED TOMATOES. COOK FOR 10-15 MINUTES UNTIL THE VEGETABLES ARE SOFT AND THE LIQUID HAS REDUCED.
- 6) BY THIS POINT THE POTATOES SHOULD BE DONE, DRAIN THEM AND RETURN TO THE PAN. ADD IN THE BUTTER AND MASH.
- 7) ADD THE VEGETABLE MIXTURE INTO THE BOTTOM OF A BAKING DISH AND TOP WITH THE POTATOES AND CHEESE IF DESIRED. BAKE FOR 25 TO 30 MINUTES.

SWEET POTATO AND COCONUT CURRY

- SERVE 2-3

INGREDIENTS:

1 ONION CUT INTO WEDGES
2 SWEET POTATOES
3 TABLESPOONS OF RED LENTILS
1 VEGETABLE STOCK CUBE (MADE FOLLOWING
PACKET DIRECTIONS)
1 CAN OF COCONUT MILK
1 COURGETTE
A HANDFUL OF FROZEN PEAS
2 TINS OF GREEN BEANS
2 TBSP OF CURRY PASTE
RICE TO SERVE

METHOD:

- 1) HEAT OIL IN A PAN AND FRY THE ONIONS UNTIL SOFTENED
- 2) TO THIS ADD THE LENTILS, SWEET POTATO, GREEN BEANS, COCONUT MILK, AND STOCK. BOIL FOR 10 TO 15 MINUTES
- 3) ADD IN THE COURGETTE AND PEAS AND SIMMER FOR A FURTHER 5 MINUTES
- 4) SERVE WITH RICE

THAI RED CURRY - SERVES 2

INGREDIENTS:

1 ONION

1 RED PEPPER

1 LARGE CARROT

1 HANDFUL OF FROZEN CAULIFLOWER

3-4 TBSP RED CURRY PASTE

(ENSURE IT HAS NO FISH SAUCE IN)

1 CAN OF COCONUT MILK

RICE TO SERVE

METHOD:

1) HEAT OIL IN A PAN AND FRY
ONION AND PASTE FOR 2 TO 3
MINUTES

2) ADD IN THE PEPPER AND
CARROTS AND FRY FOR A FURTHER
MINUTE

3) ADD COCONUT MILK AND FROZEN
CAULIFLOWER AND COOK FOR 5 TO 10
MINUTES OR UNTIL THE CAULIFLOWER
IS COOKED THROUGH

4) SERVE WITH RICE

MEATLESS MEATLOAF - SERVES 6

INGREDIENTS:

3 CARROTS
2 CANS OF CHICKPEAS
2 GARLIC CLOVES
2 ONIONS
125ML OF MILK OF CHOICE
1/2 CAN OF TOMATO PASTE
2 TBSP SYRUP
3 TBSP SOY SAUCE
3 TBSP WORCESTER SAUCE
3 TBSP BBQ SAUCE
2 EGGS
250G BREADCRUMBS
2 TBSP CURRY POWDER
2 TSP SALT
3 TSP BLACK PEPPER
2 TBSP PAPRIKA

METHOD:

- 1) PREHEAT THE OVEN TO 200 DEGREES
- 2) WHILST THE OVEN IS PREHEATING, MAKE THE GLAZE BY MIXING TOGETHER THE SYRUP, SOY SAUCE, 1 TSP PAPRIKA, 2 TBSP OF TOMATO PASTE, AND 1 TSP OF PEPPER
- 3) TO MAKE THE MEATLOAF FIRST GRIND THE CHICKPEAS UNTIL FINE, THEN ADD IN THE REST OF THE INGREDIENTS AND MIX WELL
- 4) GREASE A LOAF TRAY AND ADD THE MEATLOAF MIXTURE, COOK FOR 30 MINUTES.
- 5) AFTER 30 MINUTES ADD THE GLAZE AND BAKE FOR A FURTHER 20-30 MINUTES

SPINACH AND RICOTTA CANNELLONI (OR STUFFED PASTA SHELLS) - SERVES 2

INGREDIENTS:

1 ONION

2 CLOVES OF GARLIC

A HANDFUL OF SPINACH

1 PACKET OF CREAM CHEESE

2 TBSP OF GRATED CHEESE OF YOUR CHOICE

PLUS EXTRA FOR TOPPING

8 CANNELLONI SHELLS (OR GIANT PASTA SHELLS)

1 JAR OF TOMATO PASTA SAUCE

METHOD:

1) PREHEAT THE OVEN TO 180 DEGREES

2) FRY ONION AND GARLIC UNTIL THE ONIONS HAVE SOFTENED

3) ADD THE SPINACH AND LET WILT FOR ABOUT A MINUTE

4) MIX TOGETHER CREAM CHEESE AND GRATED CHEESE AND THEN ADD THE ONION MIXTURE INTO IT

5) FILL THE CANNELLONI OR GIANT PASTA SHELLS WITH THIS MIXTURE

6) PLACE THE SHELLS INTO A BAKING DISH

AND TOP WITH THE PASTA SAUCE AND COOK FOR 25 MINUTES, HALF WAY THROUGH THE COOKING TIME ADD THE ADDITIONAL CHEESE ON TOP

CAULIFLOWER KORMA

INGREDIENTS:

1 ONION

2 SMALL TOMATOES CHOPPED FINELY

3 CLOVES OF MINCED GARLIC

2CM PIECE OF GINGER, GRATED

1 CAN OF COCONUT MILK

2 TSP OF GARAM MASALA

1/2 TSP OF CHILLI POWDER

1/2 JAR OF KORMA CURRY PASTE

SALT AND PEPPER TO TASTE

A COUPLE OF HANDFULS OF FROZEN CAULIFLOWER

2 TINS OF CHICKPEAS

1 TIN OF SMALL MUSHROOMS

RICE

METHOD:

1) IN A PAN FRY THE TOMATOES, ONION, GARLIC, GINGER, GARAM MASALA, CHILLI POWDER, AND KORMA PASTE FOR A MINUTE OR TWO

2) ADD IN THE COCONUT MILK, MUSHROOMS, CHICKPEAS, AND CAULIFLOWER. BRING TO A BOIL AND THEN REDUCE TO A SIMMER AND COOK UNTIL THE VEGETABLES ARE SOFT. ADD IN SOME MILK OR WATER IF THE MIXTURE GETS TOO THICK OR DRY.

3) SERVE WITH RICE.

LEMON AND LEEK RISOTTO - SERVES 2

INGREDIENTS:

50G BUTTER

1 ONION

2 GARLIC CLOVES

2 LEEKS

250G RISOTTO RICE

1 TBSP OF DRIED HERBS

150ML OF WHITE WINE OR 125ML OF WATER WITH TWO TABLESPOONS OF WHITE VINEGAR

1 LITRE OF VEGETABLE STOCK

2 TBSP LEMON JUICE

50G OF SOFT CREAM CHEESE OR MASCARPONE CHEESE

50G OF GRATED CHEESE OF YOUR CHOICE

METHOD:

1) MELT THE BUTTER IN A PAN AND USE THE MELTED BUTTER TO FRY THE ONIONS, GARLIC, AND LEEKS FOR 10 MINUTES UNTIL THEY ARE SOFT

2) STIR IN THE RICE AND HERBS AND COOK FOR FURTHER COUPLE OF MINUTES.

3) ADD IN THE WINE OR THE WATER AND SIMMER UNTIL THE LIQUID IS REDUCED BY HALF

4) WHILE THIS IS REDUCING WARM THE STOCK IN ANOTHER POT

5) ONCE THE LIQUID HAD REDUCED, ADD THE HOT STOCK A LARGE SPOONFUL AT A TIME UNTIL IT IS ABSORBED

6) AFTER ABOUT TWENTY MINUTES ALL THE STOCK SHOULD BE ABSORBED, SO ADD THE LEMON JUICE AND SOME SALT AND PEPPER TO THE MIX AND COOK FOR ABOUT FIVE MINUTES

7) AFTER THIS, ADD IN THE SOFT CHEESE AND THE GRATED CHEESE, COVER, AND LEAVE TO LET THE CHEESE MELT

STUFFED PEPPERS - SERVES 4

INGREDIENTS:

200 GRAMS OF RICE

350ML OF VEGETABLE STOCK

350ML OF TOMATO PASTA SAUCE OR PASSATTA

1 TSP OF DRIED MIXED HERBS

1 ONION

1 CAN OF BEANS OF YOUR CHOICE

1 CAN OF SWEET CORN

5-6 PEPPERS

1 CAN CHOPPED TOMATOES

2 CLOVES OF GARLIC

1/2 TSP CUMIN

1/2 TSP CHILLI POWDER

METHOD:

1) PREHEAT OVEN TO 180 DEGREES

2) IN A LARGE POT ADD RICE, VEGETABLE STOCK, CHOPPED TOMATOES, HERBS, AND ONION, AND SIMMER FOR 10-15 MINUTES OR UNTIL RICE IS COOKED

3) WHILE THE RICE IS COOKING, CUT THE TOPS OFF OF THE PEPPERS AND HOLLOW OUT THE MIDDLE. PLACE THESE PEPPERS INTO A POT OF SALTED WATER AND BOIL FOR TEN MINUTES

4) ONCE RICE IS COOKED ADD IN BEANS, CORN, GARLIC, CUMIN, AND CHILLI POWDER AND MIX WELL

5) DRY PEPPERS AND FILL THEM WITH THE BEAN MIXTURE AND THEN ADD THEM INTO A LARGE BAKING DISH. POUR TOMATO SAUCE AROUND AND OVER THE PEPPERS AND BAKE FOR 20-25 MINUTES

SWEET POTATO LASAGNE - SERVES 6

INGREDIENTS:

350ML OF RICOTTA CHEESE

350ML OF CREAM CHEESE

2 SWEET POTATOES

1 ONION

1 CARROT

1 CELERY STICK

2 CLOVES GARLIC

HALF A PACKET OF SPINACH

1 TBSP DRIED HERBS

A JAR OF TOMATO PASTA SAUCE

12 LASAGNE NOODLES

A HANDFUL OF GRATED MOZZARELLA

METHOD:

1) PEEL AND CHOP SWEET POTATOES AND BOIL IN SALTED WATER FOR ABOUT 20 MINUTES OR UNTIL SOFT

2) WHEN SOFT MASH THE POTATOES AND LET COOL COMPLETELY

3) PREHEAT THE OVEN TO ABOUT 200 DEGREES AND BUTTER A BAKING DISH WELL

4) PART COOK THE NOODLES FOR ABOUT 5-6 MINUTES AND SET ASIDE

5) MIX TOGETHER THE SWEET POTATO, RICOTTA, CREAM CHEESE, AND HERBS AND SET ASIDE

6) IN A PAN FRY THE ONION, CARROT, CELERY, AND GARLIC UNTIL SOFTENED, THEN ADD THE SPINACH AND COOK UNTIL WILTED

7) TO THIS MIXTURE ADD THE PASTA SAUCE AND LET SIMMER FOR A COUPLE OF MINUTES

8) LAYER LASAGNE NOODLES, CHEESE, AND THEN SAUCE. REPEAT UNTIL YOU RUN OUT, FINISH WITH A LAYER OF NOODLES ON TOP.

9) BAKE THIS FOR 25-30 MINUTES, SPRINKLING EXTRA CHEESE ON TOP FIVE MINUTES BEFORE THE END OF COOKING TIME

GREEN PESTO PASTA - SERVES 2

INGREDIENTS:

200G PASTA OF CHOICE

A COUPLE OF HANDFULS OF FROZEN BROCCOLI

A HANDFUL OF FROZEN GREEN PEAS

HALF A BAG OF SPINACH

1 ONION

1 CLOVE OF GARLIC

2 TBSP VEGETARIAN GREEN PESTO

GRATED CHEESE FOR THE TOP

METHOD:

1) COOK THE PASTA IN BOILING, SALTED WATER

2) WHEN THE PASTA HAS FIVE MINUTES LEFT TO COOK ADD IN THE BROCCOLI AND COOK UNTIL SOFTENED

3) WHILE THE PASTA IS COOKING FRY YOUR ONION AND GARLIC IN A PAN UNTIL GOLDEN, THEN ADD THE SPINACH AND PEAS AND COOK UNTIL THE SPINACH HAS WILTED AND THE PEAS HAVE SOFTENED

4) TO THE VEGETABLE ADD THE PESTO

5) DRAIN THE PASTA AND BROCCOLI AND ADD INTO THE VEGETABLE MIXTURE, MIX WELL AND SERVE WITH GRATED CHEESE

VEGETARIAN POT PIE - SERVES 6

INGREDIENTS:

3 LARGE POTATOES

1 LARGE ONION

6 CARROTS

2 TBSP BUTTER

65G FLOUR

375ML MILK

500ML VEGETABLE STOCK

1 TSP DRIED MIXED HERBS

60ML OF WHITE WINE OR WATER

HANDFUL OF FROZEN PEAS

1 SHEET OF PUFF PASTRY

METHOD:

1) COOK THE POTATOES UNTIL COMPLETELY COOKED AND ALLOW TO COOL. ONCE COOL, CUT INTO SMALL CUBES AND SET ASIDE

2) PREHEAT THE OVEN TO 180 DEGREES

3) IN A FRYING PAN FRY THE ONIONS FOR ABOUT 15 MINUTES UNTIL THEY START TO CARAMELISE. THEN ADD IN THE FINELY CHOPPED CARROTS AND COOK FOR A FURTHER 5-6 MINUTES UNTIL THE CARROTS ARE SOFT. ADD THESE VEGETABLES TO THE POTATOES AND SET ASIDE

4) IN A PAN MELT THE BUTTER AND ADD ABOUT 2TBSP OIL. WHEN THE BUTTER HAS MELTED, STIR IN THE FLOUR AND MIX WELL STIRRING CONSTANTLY FOR AT LEAST A MINUTE.

5) SLOWLY ADD IN THE MILK, STOCK, AND HERBS TO THE MIXTURE, WHISKING WELL BETWEEN EACH ADDITION

6) ONCE THE SAUCE HAS THICKENED ADD IN YOUR WINE OR WATER AND COOK FOR AN ADDITIONAL MINUTE

7) ADD THE FROZEN PEAS INTO THE VEGETABLE MIX AND TRANSFER ALL THE VEGETABLES INTO A LARGE BAKING DISH. POUR THE SAUCE OVER THE TOP AND BAKE IN THE OVEN FOR ABOUT 15-20 MINUTES

8) AFTER 20 MINUTES REMOVE FROM THE OVEN AND CAREFULLY PLACE THE PUFF PASTRY OVER THE TOP. CUT SLITS INTO THE TOP TO ALLOW STEAM TO ESCAPE.

9) RETURN TO THE OVEN AND BAKE FOR ABOUT 10 MINUTES OR UNTIL THE PASTRY IS FULLY COOKED

MAC AND CHEESE - SERVES 3

INGREDIENTS:

200G MACARONI PASTA

300G CHEESE OF YOUR CHOICE PLUS EXTRA FOR TOPPING

2 $\frac{1}{4}$ TBSP FLOUR

1 $\frac{1}{2}$ TSP SALT

1 $\frac{1}{2}$ TSP MUSTARD

$\frac{1}{2}$ TSP BLACK PEPPER

$\frac{1}{4}$ TSP CAYENNE PEPPER

$\frac{1}{4}$ TSP PAPRIKA

2 TSP ONION POWDER

2 CLOVES OF GARLIC

1 CARROT

1 HANDFUL OF FROZEN PEAS

$\frac{1}{2}$ TIN SWEETCORN

1 HANDFUL OF FROZEN CAULIFLOWER

160ML SOUR CREAM

2 EGGS

375ML MILK

375ML CREAM

1 TSP WORCESTERSHIRE SAUCE

METHOD:

1) BOIL THE PASTA UNTIL FULLY COOKED, DRAIN, AND ADD TO A LARGE BAKING DISH

2) PREHEAT THE OVEN TO 180 DEGREES

3) IN A BOWL COMBINE FLOUR, SALT, AND SPICES AND MIX WELL. TO THIS ADD THE SOUR CREAM AND EGGS AND WHISK TOGETHER

4) TO THIS MIXTURE ADD IN THE MILK, CREAM, MUSTARD, AND WORCESTERSHIRE SAUCE

5) ADD THIS MIXTURE TO THE FROZEN VEGETABLES, CARROTS, AND SWEET CORN, THEN POUR OVER THE PRECOOKED PASTA AND COMBINED WELL

6) SPRINKLE EXTRA CHEESE OVER THE TOP AND BAKE FOR 30 MINUTES

2016 NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			